

ZOOM POST OPERATORY INSTRUCTIONS



Congratulations! You've just experienced a revolutionary tooth whitening procedure with us. The next 24 hours are vital for whitening results to be long lasting, bright and healthy smile.

What to expect after your ZOOM! Whitening:

Everyone's teeth have a protective layer called the acquired pellicle. It takes up to twenty-four hours for the barrier to fully develop again after whitening. You may also experience some tooth sensitivity during this period. If you do have any sensitivity symptoms, you may take over the counter Advil. Sensitivity toothpaste such as Sensodyne may also help eliminate some of the sensitivity sensations. Should you experience discomfort not alleviated by Advil, please contact us.

For the next 24 hours, dark staining substances should be avoided, such as:

- Coffee and tea
- Red wine
- Lipstick
- Tobacco products including smoking
- Soy Sauce
- Toothpaste with color
- Mustard or ketchup
- Berries including pie
- Coke products
- Red sauces such as A1

For the next 24 hours, substances that may be consumed are:

- Milk, water, clear soda
- Bananas, apples (no peel)
- White bread, flour tortillas
- Oatmeal, cream of wheat
- White rice, baked potatoes
- Plain pasta and white sauce
- Turkey, chicken (no skin), white fish
- Plain yogurt, white cheeses, sour cream, cottage cheese